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- Sciatica
- Neck Pain
- Pinched Nerve
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- Fibromyalgia
- Degenerative disc disease
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CDPC specializes in **spinal decompression**, a computerized treatment procedure used to treat **chronic low back** and **chronic neck pain**. The most common conditions treated are those affecting the discs and joints. Chronic back or neck problems can cause great pain. Daily activities are limited, as simple tasks such as sitting /standing/sleeping become difficult. Spinal decompression works deep into the vertebral joints to repair damage to the spine. As a result, it can get to the root cause of the pain and provide significant relief. Previous MRI, CT, and X-Ray reports provide enough information to determine if you are a good candidate for treatment, **but are not necessary**.

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What is it?

The treatment separates the spinal joints to take pressure off the discs and nerves. The three phases at CDPC include Spinal Decompression, Oxygen Enhancement (for patient relaxation), and a Nutritional phase. The full procedure is performed simultaneously during a patient's treatment. More information is available at www.cdpc.info.

Does it Work?

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What do I do next?

Come in for an initial consultation or assessment. Any previous MRI, CT, x-ray reports would be helpful. If it is determined spinal decompression can help you, you will be given your recommendations for care. You can then decide when and if you would like to start care. There are **no obligations**.

Three years ago it was the most difficult discussion I had with a back specialist who advised that the only way to relieve my back pain was to have surgery to correct a herniated disc. During this time I came across an advertisement for CDPC. "Today I am able to move around and live my life pain free." I am still continuing decompression treatments once every month to maintain an active lifestyle. I would 100% recommend this to anyone facing surgery to try.
- Rookmin D.

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Clearer development process sought for big shows

The municipality will be taking a long look at how it stages events such as concerts if a motion is approved at regional council tonight.

In the wake of the scandal involving cash advances to a concert promoter, Councillor Jennifer Watts put forward a motion to clarify how entertainment events are developed.

"The idea is who do we want to be as an entertainment centre?" she said yesterday. "Once we have a definition, we can have an approach that is transparent and sustainable."

She also wants to look into what happened to motions made by the Peninsula Community Council regarding concerts on the Common since 2009.

"Since at least 2009, Peninsula Community Council has been raising questions about the economic sustainability and the financial impacts on the concerts."

Watts said the community council was given very few answers to their questions at the time.

• JENNIFER TAPLIN

Garrison

► Jennifer Watts says outdoor concerts should be on Garrison Grounds, not the Halifax Common.

News in brief

City ranked 8th on climate change action

WWF, Halifax ranked eighth on the World Wildlife Foundation's list of top 10 Canadian cities fighting climate change with a score of 5.3 out of 10, tying it with Mississauga, Ont.

• METRO

Scandal soils city's image: Promoter

► Harold MacKay asked the province for \$700,000 for 2010 concerts and was turned down ► 'There's Harold MacKay's version, the mayor's version and somewhere in between lies the truth': Coun. Sue Uteck



► Harold MacKay announces the Kiss concert on the Halifax Common in this file photo from 2009.



JENNIFER TAPLIN
@METRONEWS.CA

Halifax's reputation as a good concert city is circling the drain, according to the concert promoter who put on shows on the Common since 2008.

Harold MacKay, who owned the now-bankrupt Power Promotional Events, says news about this scandal has reached industry professionals in New York and L.A.

He says he doubts there will be concerts on the Common anymore.

"The artists went away (from the concerts) very

"We weren't really interested in the Kid Rock one, we were out of that before it really got started."

FORMER CONCERT PROMOTER HAROLD MACKAY ON WHY HE DIDN'T REQUEST FUNDING TO SAVE THE KID ROCK CONCERT LAST SUMMER

happy, the production crew and the hundreds of people who came here to put the concerts on were very impressed," MacKay said. "But the media coverage this (scandal) has received over this has ruined what we worked hard to build: A reputation as a good city."

He said the millions he received for the concerts over the years was his own money from ticket sales

held by Ticket Atlantic, and not taxpayer money.

But the \$400,000 cash advance from the city for the 2010 Black Eyed Peas and Country Rocks concerts is a whole other issue.

"Wayne Anstey (former acting CAO) and the mayor never put this city at risk at any time other than the forgivable grant that was tied to certain ticket sales we thought

were easily obtainable," said MacKay.

But that advance went against city policy and Mayor Peter Kelly's statements on what he knew about the payment changed from day to day last week.

"The offer was made to us by Wayne Anstey and whether the mayor was sitting there or stepped out, I don't remember," MacKay said.

But the \$359,550 that was not paid back should be considered a good investment in concerts that generated \$13 million in economic spinoffs for the city, he added.



News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca



As catastrophe and unrest dominate headlines, investors look to earnings season. Allan Small has more at metronews.ca/investing.

Follow us on Twitter @metrohalifax



Leaders apologize for botched investigation that haunted town for decades. Scan code for story.

7 new ships setting sail for Halifax



Seven new cruise ships will make their inaugural call to Halifax in 2011.

The most notable is Cunard Line's Queen Elizabeth, which is a luxury ocean liner. The Queen Elizabeth is set for its maiden voyage to Canada this season.

In total, about 126 vessels carrying upwards of

Kickoff

► Halifax's 2011 cruise ship season begins April 16 with the arrival of Princess Danae.

240,000 passengers will visit Halifax in the upcoming season running from mid-April to Octo-

ber.

Cruise ship activity brings about \$50 million in economic impact for the region, according to a release issued yesterday by Halifax Port Authority.

It's also estimated eight per cent of tourists who visit Nova Scotia are cruise ship passengers.

• METRO

SMU women's hockey on brink

Students with placards made from hockey sticks and bristol board converged on Saint Mary's University last night, demanding funding for women's varsity hockey.

A crowd of about 400 cheered as head coach Lisa Jordan took the steps of the McNally Building.

"I'm so, so proud to be standing here right now in front of all the people that care about what's happening," Jordan said.

Jordan was told Friday morning the women's hockey team, which she founded and has coached for the past 14 years, would be discontinued due to budgetary constraints.

Athletic director Steve Sarty said in announcing the decision the women's hockey program had the highest operational budget of all women's varsity teams at Saint Mary's at \$60,000.

But the team won a tem-



"We love everything about Saint Mary's. And that's all we want — an opportunity to stay in this family." LISA JORDAN

porary reprieve yesterday when, due to strong opposi-

tion, university president Colin Dodds announced the school would delay its decision.

"The decision was made in the context of a budget process that will ensure the university is financially sustainable over the long term," Dodds said.

"(We) will take the next few days to investigate ways to harness (the support for the team)."

● ALEX BOUTILIER/WITH FILES FROM THE CANADIAN PRESS

Jordan out

- University spokesperson Steve Proctor said Colin Dodds was scheduled to meet with the university's board of governors today before a decision is made.
- He said the reconsideration doesn't change the status of Jordan, who was told her contract would not be renewed when it expires March 31.

Agency wins \$6M in funding

Capital Health received nearly \$6 million in funding from the federal government on Sunday for three research projects aimed at increasing patient safety.

Two projects, worth about \$4.2 million over a five-year period, will focus on developing high-resolution diagnostic devices to improve the understanding of hearing disorders, as well as research on imagining neurons in the retina.

The third, led by Dalhousie University in collaboration with Capital Health, will develop "minimally invasive systems for bone augmentation through the development of new biomaterials." It's valued at approximately \$1.7 million over five years. ● METRO

Police try to pinpoint shooting's location

► Victim, 24, suffering from serious injuries ► QEII emergency put in lockdown for several hours



PHILIP CROUCHER
@METRONEWS.CA

Police are looking for help from the community after a shooting in North Preston left a man suffering from multiple gunshot wounds.

"Hopefully people will come forward with information so we can answer the big question as to why," Halifax RCMP spokesman Cpl. Scott MacRae said about the motive behind yesterday's early morning incident.

Police spent much of yesterday around the area of several homes on Simmonds Road in North Preston, where it's believed the shooting may have taken place.

"The person who got shot left from there," MacRae said, adding he's unsure if the scene is actually where the shooting happened.

MacRae said "some sort of gathering" took place at

"We don't believe it's random. But, at the same token, there is limited information to go on, so investigators are looking at all avenues."

HALIFAX RCMP CPL. SCOTT MACRAE

the location in the early morning hours. Empty plastic beverage cups could be seen around a garage in between two homes.

Around 3 a.m., police received a 911 call about someone being shot and that he was being driven to hospital in a private vehicle.

An officer with Halifax Regional Police was able to pinpoint the vehicle on Main Street in Dartmouth, near Guysborough Avenue. The passenger was found suffering from what was believed to be two gunshot wounds and was rushed to hospital by paramedics.

Highway collision kills woman

Nova Scotia police say an elderly woman is dead and her husband seriously injured after their car slammed into a logging truck west of Bridgewater.

RCMP officers were called to the scene around 8:20 a.m. yesterday on Highway 325 in the West Clifford area.

The man and woman,

One-sided crash

► The driver of the truck was not injured.

both in their 80s, were taken to hospital in Bridgewater, where the woman died.

Her husband was air-

lifted to a hospital in Halifax.

Police say the logging truck, which was pulling a trailer, had backed across the opposite lane when it was hit.

The names of the victims, who are from Lunenburg County, have not been released.

THE CANADIAN PRESS

News in brief

Driver shot with pellet gun

CRIME. Police are investigating a likely pellet-gun shooting on Sunday night.

Halifax Regional Police say that at about 9:30 p.m., a pizza

delivery driver encountered five males on Creighton Street.

Police say the males turned and fired two shots from what is believed to be a pellet gun.

Police say the victim wasn't injured. ● METRO



For more local news, visit metronews.ca

N.S. clears road for U.K. drivers

Natives of the United Kingdom residing in Nova Scotia can now get on the province's roads faster.

According to the province, U.K. expats won't have to take a road test if they have a licence from home. ● METRO



► RCMP officers take police tape down from the scene where yesterday's shooting in North Preston may have taken place.

Who's paying?

- The funding comes from the Atlantic Innovation Fund, an initiative of the Atlantic Canada Opportunities Agency.

Sea-cuke biz booms in Boston

At least one Nova Scotia business is reeling in new customers at this week's International Boston Seafood Show.

Betty Szeto, president of United Trans Ltd. — a company based in Ketch Harbour and Canada's largest sea-cucumber supplier — said the show is generating new business for them.

"We have picked up new clients, and there's a lot of interest in our company," Szeto said.

More than 17,000 buyers and sellers from across the globe attend the event every year, with Nova Scotia well represented.

● METRO

Stars align for royal couple, astrologers say

► Prince William is emotionally very private — a typical Cancer ► As a Capricorn, Kate Middleton is much tougher

Kate Middleton and Prince William are a match made in heaven. Just check their horoscopes.

The couple will be delighted to know their star signs, Capricorn and Cancer, indicate they are highly compatible and have a good chance of having a successful marriage, according to leading British astrologers.

"They probably feel like soulmates," says Wendy Stacey, chair of the Astrological Association of Great Britain.

Take it as a bunch of hooey or a celestial peek into the future. Just keep in mind that The Associated Press reported in 1981 that an astrologer warned that

Opposite signs

So what do the couple's birth dates tell us?

► Kate Middleton, born on Jan. 9, 1982, is a Capricorn (an earth sign) while William, born June 21, 1982, is a Cancer (a water sign). Cancers and Capricorns are opposites as water and earth.

Prince Charles, who was born under the complex sign of Scorpio, would have a "stormy marriage" in his union with Princess Diana, born under the sensitive, intuitive Cancer star sign.

And everyone knows how that ended up.

Jay Lucan, with the British Astrological and Psychic Society, said the new royal couple have "75 per cent relationship compatibility" based on their star charts — giving them "definitely a good chance" of outlasting William's parents in matrimony.

Both Stacey and Lucan acknowledge they cannot confirm the accuracy of their predictions for many reasons. The biggest drawback is not knowing Middleton's exact time of birth; Prince William's was publicly announced as a matter of national interest.

THE ASSOCIATED PRESS

Necropsy performed on Knut the polar bear

Veterinary experts performed a necropsy yesterday on Berlin zoo's celebrity polar bear Knut to try to determine why he died suddenly over the weekend.

The four-year-old polar bear died Saturday afternoon in front of visitors, turning around several times and then dropping to the ground, and falling into the water in his enclosure.

Polar bears usually live 15 to 20 years in the wild, and even longer in captivity, and the zoo is hoping the investigation may help



► Knut appears with his keeper Thomas Doerlein at the Berlin zoo in 2007.

clarify what happened. Results were expected

later yesterday or today, the zoo said.

In the meantime, people continued to flock to the zoo to sign their name in a condolence book in tribute to Knut.

"Every visit to the Zoo brought happiness, because he was such a warm-hearted animal and he brought us all so much fun," visitor Eveline Plat said.

Knut was rejected by his mother at birth, along with his twin brother, who only survived a couple of days.

THE ASSOCIATED PRESS

Nuns sue Boston archdiocese

The highest court in Massachusetts is being asked to settle an unusual dispute between an order of Roman Catholic nuns and Boston Cardinal Sean O'Malley, trustee of a church-run pension fund.

The Daughters of St. Paul say they have tried for more than five years to withdraw from the Boston archdiocese pension fund so they could set up a separate, self-run

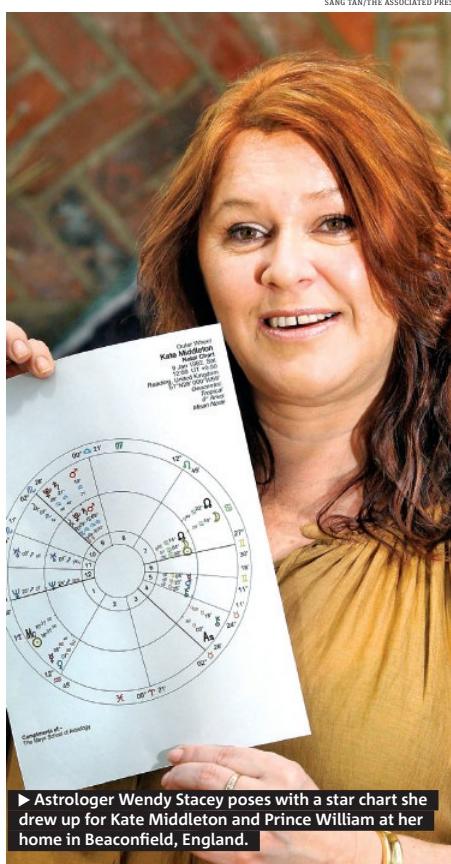
Members

► International Order The Daughters of St. Paul is an international order with about 60 members in Boston and 75 more around the country.

pension plan for their U.S. lay employees. In a lawsuit filed in December, the Daughters allege that

the pension fund's trustees — who include O'Malley — have failed to give them a full accounting of their portion of the fund. They asked the Supreme Judicial Court to either order the trustees to give them the details or to rule that the nuns were never part of the plan and order the archdiocese to reimburse them for the contributions they made.

THE ASSOCIATED PRESS



► Astrologer Wendy Stacey poses with a star chart she drew up for Kate Middleton and Prince William at her home in Beaconsfield, England.

Taco Bell price hike enrages customer

Police say a San Antonio Taco Bell customer, enraged that the seven burritos he ordered had gone up in price, fired an air gun at an employee and later fired an assault rifle at officers before barricading himself into a hotel room.

San Antonio police Sgt. Chris Benavides says officers used tear gas Sunday night to force the man from the hotel room after a three-hour standoff. The man is charged with three counts of attempted capital murder. Authorities have not released his name. THE ASSOCIATED PRESS

99¢

Brian Tillerson, a manager at the Taco Bell/KFC restaurant, told the San Antonio Express-News that the man was angry the Beefy Crunch Burrito had gone from 99 cents US to \$1.49 each.

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ENVIRONMENTAL CHALLENGE

Vancouver tops green city ranks

The World Wildlife Fund says Vancouver tops the list of Canadian cities in the fight against climate change.

The city ranks the highest on a list of indicators that includes cutting greenhouse gas emissions, using renewable energy, and encouraging green building and transportation.

Toronto placed second

and Montreal was third, while Victoria, Saskatoon, Edmonton, Hamilton, Halifax, Mississauga and Yellowknife rounded out the top-10 list on the climate-change scale.

Josh Laughren, the group's director of climate and energy, said Vancouver planners have made an effort to integrate climate change and sustainability across all the functions of the city.

However, Laughren said every city on the list is considered one of the top performing climate-change cities in Canada.

THE CANADIAN PRESS

Nuclear botch may last weeks

Officials raced yesterday to restore electricity to Japan's leaking nuclear plant.

Restoring the power to all six units at the tsunami-damaged complex is key, because it may power up the maze of motors, valves and switches that help deliver cooling water to the overheated reactor cores and spent fuel pools that are leaking radiation.

Ideally, officials believe it should only take a day to get the Fukushima Dai-ichi nuclear plant under control

5 The World Bank says Japan may need five years to rebuild from the disasters, which caused up to \$235 billion in damage.

once the cooling system is up and running. In reality, the effort to end the crisis is likely to take weeks.

The nuclear plant's cooling systems were wrecked by the massive earthquake and tsunami that devastated northeastern Japan

March 11. THE ASSOCIATED PRESS

Yemen resistance gains support after defections

Rival tanks deployed in the streets of Yemen's capital yesterday after three senior army commanders defected to a movement calling for the ouster of the U.S.-backed president, radically depleting his support among the country's most powerful institutions.

Maj. Gen. Ali Mohsen al-

Ahmar, commander of the army's powerful 1st Armored Division, announced his defection in a message delivered by a close aide to protest leaders at the Sanaa square that has become the epicentre of their movement.

THE ASSOCIATED PRESS

Commons OK's war mission in Libya

► Cpl. Yan Tremblay of CFB Bagotville, Que., fuels a CF-18 Hornet yesterday before it takes off from Trapani, Italy.

MPs mull over lessons learned in Afghanistan ► 'Moral duty' asserted

The Harper government rallied opposition parties to "war" yesterday, casting Canada's military intervention in the Libyan crisis as a moral imperative.

A House of Commons debate took place within hours of the air force carrying out its first combat patrol to enforce the UN-mandated no-fly zone over the embattled north African country.

But the continuing war in Afghanistan and its political divisions cast a long shadow over MPs as they weighed the complexity and uncertainty of the international community's goals in Libya.

Defence Minister Peter MacKay said the atrocities of dictator Moammar Gadhafi could not go unanswered.

"This government along with the international community cannot stand idly by," said MacKay, who opened debate on a motion to approve the deployment of military

"It is my understanding that this mission may very well morph into a NATO-led mission."

PETER MACKAY, DEFENCE MINISTER

forces.

Gadhafi, by "labelling his opponents as traitors and directing his forces to bomb and shell civilian population centres without mercy ... (means) we are compelled to intervene, both in a moral duty and by duty of NATO and the United Nations."

MacKay couldn't say how long the no-fly mission would last, but said no one wants to have forces in harm's way any longer than necessary.

The motion, which sources said was the subject of feverish back room drafting among the parties, passed unanimously late last night.

THE CANADIAN PRESS

U.S. to pass military lead in air assault

International forces intend to extend a no-fly zone to the Libyan capital of Tripoli, hundreds of kilometres from the area of recent fighting between forces loyal to Moammar Gadhafi and the rebels seeking to topple him, the U.S. commander in the region said yesterday.

Gen. Carter Ham also said the American role in a

three-day-old air assault to degrade Libya's military capability had already begun to decline, with the overwhelming share of yesterday's missions flown by pilots from other countries in the coalition.

Ham spoke to reporters at a news conference a few hours before U.S. President Barack Obama said the U.S. would turn over leadership

of the military operation to other, unnamed countries within a "matter of days, not weeks."

He said the international military effort has a limited goal of establishing a no-fly zone and protecting civilians against massacre.

Ham said the campaign already has shown results.

"With the growing capabilities of the coalition, I

anticipate the no-fly zone will soon extend to Brega, Misurata, and then to Tripoli," he told reporters in a video conference from his headquarters in Germany.

Benghazi, which the rebels control and Gadhafi's forces sought to capture last week, is about 645 kilometres from Tripoli.

THE ASSOCIATED PRESS

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ATTENTION CUTE COUPLES: GET A ROOM

She says ...

JESSICA NAPIER



So spring is officially here and with the warmer weather comes longer days, fewer layers of clothing and increasing sexual appetites, better known as spring fever.

Now don't get me wrong — I'm a big fan of temperate nights and flirtatious activity. But when a budding new romance turns into a public groping session it's time for an intervention.

Yes, I'm talking about you, the PDA-perpetrators who treat every park bench like your own private boudoir. Public displays of affection are like cheap cologne — tolerable in very small doses but utterly nauseat-

ing in large quantities.

We've all been there. When a new relationship begins every moment together is so magnificent that you get caught up in your own little world. Every brush of your fingertips is magical; even a peck on the cheek is electric.

But while you might think your amorous conduct is endearing, the rest of us certainly don't agree. When you're in couple mode it's easy to forget that the people around you don't want to be an audience to your heavy breathing and earlobe nibbling. So please, stop sitting on the same side of the booth at restaurants and spoon-feeding

each other dessert — this kind of behaviour isn't appetizing for your fellow diners.

Passionate antics like this might be acceptable for teenagers; after all, they have nowhere else to snuggle but in the back row of a movie theatre. But come on people, most of you have your own homes or at least your own bedrooms where you could partake in

sexy early stages of your blossoming romance.

Maybe I should relax. I know these lovey-dovey couples aren't really doing me any harm ... other than maybe upsetting my stomach a little. But when the

participants in a hormonally charged PDA session are anyone but you, broadcasting this kind of intimacy seems pretty disgusting. It's hypocritical but true.

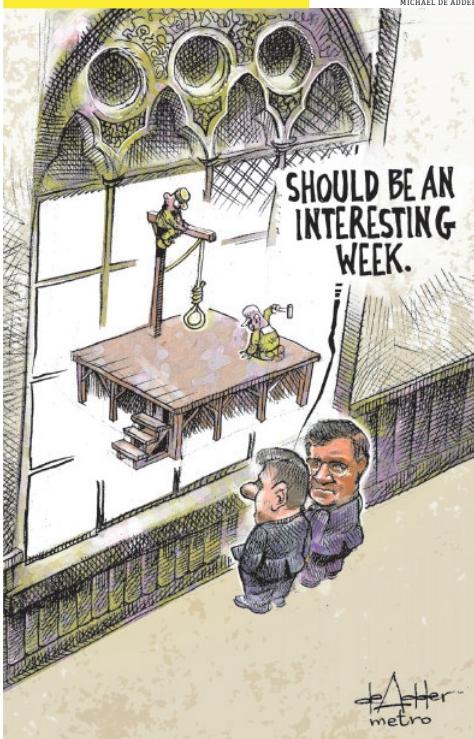
So if the onset of springtime temperatures has you feeling frisky I have just one request for you, don't do anything on the bus you wouldn't do in front of your parents.

I know you're enamoured with each other but remember, grocery stores, libraries and other public places are not an ideal venue for foreplay. Let's agree to keep our hands (and our tongues) to ourselves this season for the sake of each other's gag reflexes.



Read more of
Jessica Napier's columns
at metroneWS.ca/shesays

Cartoon



MICHAEL DE ADDER

The little bird that flew

Worth mentioning

It took about 18 months for Twitter to go from its first tweet — sent five years ago yesterday — to getting 500,000 users.

Now, an average of almost 500,000 new accounts are registered each day.

It took three years, two months, and a day for a user to send the billionth tweet across the massively popular social media service. Now, one billion tweets are sent every eight days.

"Over these years, Twitter has matured and made an impact in the areas of social responsibility, politics, sports, media, and more," the company wrote in a blog post yesterday, celebrating its fifth

Tweet, tweet



anniversary.

Twitter has grown into an online behemoth with unquestionable influence not only in the digital world but offline, too.

Just ask reporters on Parliament Hill, who were more than a little surprised in February when the prime minister's spokesman announced a trip to Washington to

meet with U.S. President Barack Obama. Not by press release, or during a press conference or scrum, but by tweet.

Twitter has grown so big, so fast that it's now struggling just to keep the dreaded fail whale (a cartoon whale that pops up when Twitter goes down) from appearing before users. THE CANADIAN PRESS

Has Twitter changed your Internet habits? How?

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Metro Minute at Out Like A Lion

JazzEast's music festival Out Like A Lion is running tomorrow through Sunday at 1313 Hollis. Shauntay Grant and Joel LeBlanc are among the performers.

The festival is priced at \$25 for a Lion's Pass, which gets you into all of the events. There are ranging prices of single tickets available as well.

Besides live performances, events such as movie showings, panel talks and improvisation are also scheduled, with events be-

ginning as early as noon. Shauntay Grant and Joel LeBlanc are among the performers.

The festival is priced at \$25 for a Lion's Pass, which gets you into all of the events. There are ranging prices of single tickets available as well.

For more information or to purchase tickets, visit jazzeast.com.

● METRO



► The Out Like A Lion jazz music festival is running tomorrow through Sunday at 1313 Hollis.

CONTRIBUTED

STREET VIEW

Google fined in 'Wi-Spy' fracas

Google Inc. was fined 100,000 euros (\$139,200) yesterday for improperly gathering and storing data for its Street View application.

The penalty, handed down by France's privacy watchdog, sanctions Google for collecting personal data from Wi-Fi networks — including emails, web-browsing histories and online banking details — from 2007 to 2010 through its roaming camera-mount-

ed cars and bicycles. The fine is the first against Google over the data-gathering, which more than 30 countries have complained about. At least two other European countries are considering fines.

Google said the Street View cars mistakenly collected payload data from unencrypted Wi-Fi networks. It said it will delete the data.

Several other countries have skewered Google for scooping up 600 gigabytes of data — equivalent to about six floors of an academic library — from Wi-Fi systems for more than two years before detecting a problem in response to an inquiry from German regulators.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas
+ 224.07 (14,013.7)	+ 0.66¢ (102.07¢ US)	+ \$1.26 US (\$102.33 US)	\$4.161 (- 0.15¢) Gold contracts \$1,426.40 US (+ \$10.30)

PHOTO BY P. K. FLAHERTY FOR THE CANADIAN PRESS



► Finance Minister Jim Flaherty puts on his newly resoled shoes yesterday during a traditional pre-budget rite at Healthy Feet Shoe Repair in Ottawa.

Airline profits lose altitude

Canadian airline profits will falter in 2011 after last year's strong performance due to higher fuel and labour costs, the Conference Board of Canada reported yesterday.

Pre-tax profits are expected to fall by about one-third to \$785 million in 2011, down from \$1.2 billion last year. Profits will remain in the \$700 million to \$800 million range annually for the next three years, the report said.

After two years of decline, costs are expected to rise by more than nine per cent in 2011 due to higher oil prices caused by political unrest in the Middle East and increased hiring



► An Air Canada flight prepares to land at Pearson International airport in Toronto. Canadian airlines will be landing lower profits in the next three years, a report says.

at Canada's main airlines, which include Air Canada, WestJet, Transat AT and Jazz.

Conference board economist Maxim Armstrong

said cost-control measures established during the recession helped airline profits to take off when sales started to improve last year. But with costs ex-

pected to accelerate, these profit levels won't be sustainable, though they will remain high by historical standards, he said.

Airline sales have been growing as businesses loosen budget constraints and consumer confidence grows.

The Conference Board, a private-sector forecaster based in Ottawa, said the increased number of international travellers to Canada in recent months was especially encouraging.

While the trend should continue in coming years, domestic travel will remain the main source of growth for the industry.

THE CANADIAN PRESS

RBC AMAZING CHALLENGE FOR AIDS 2

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Lack of parts stalls production

General Motors Co. is halting some production at its engine plant in Buffalo, N.Y., because of a slowdown in parts from Japan. GM is also

temporarily laying off 59 of the 623 workers at the Tonawanda Engine Plant. So far, GM is the only U.S.-based automaker to be affected by parts shortages. Ford and Chrysler say they haven't slowed production yet but are monitoring the situation.

THE ASSOCIATED PRESS

800

General Motors laid off 800 workers at its pickup-truck factory in Shreveport, La., because of a shortage of parts from Japan.



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Scene in brief



The U.S. Supreme Court will not involve itself in a fight between rapper Eminem's former production company and Universal Music Group over downloads of the entertainer's songs and ringtones.

The high court refused on Monday to hear an appeal from Universal Music Group.

A lower court had said the contract of F.B.T. Productions LLC entitled Eminem and his producers to a 50-50 split with Universal for recordings licensed to digital distributors such as Apple Inc.'s iTunes.

ASSOCIATED PRESS



► Rapper Classified still lives in his home town of Enfield, N.S.

The sound of Class



ALY THOMSON
SCENE@METRONEWS.CA

As a 14-year-old, Luke Boyd could often be found hitchhiking through the small town of Enfield, Nova Scotia, listening to RUN DMC's Tricky on his walkman and dreaming of making it big.

Nearly 20 years later, Boyd is better known as Canadian rap sensation

"I think at the end of the day, the passion is what makes the music special.... it's the passion what makes the good stuff."

LUKE BOYD, A.K.A. CLASSIFIED

Classified. With more than 15 years of writing, recording, mixing and touring under his belt, the rapper is back with his 12th studio album, Handshakes and Middle Fingers.

Classified said the al-

bum is about "balance, the ying and the yang and the gift and the curse." The 15-track album talks about family, life changes and the music industry.

"I can't talk about just hip hop music all the time.

It was just kind of getting old to me," he said, tipping back his black thick-rimmed hat. "You got to have that flip side so that people who necessarily aren't into hip hop or care how dope you are have something to relate to."

Although Handshakes isn't all about being the best MC, the album is still undeniably "Classified."

"I make music I like so

at the end of the day, it's going to all have that feel that sounds like Class."

The "Class" sound is made even more authentic through his isolated recording process.

"Ninety-five per cent of the time it's just me in the studio hitting record, making the beat and writing all the music," said the 33-year-old. "I take a lot of pride in that."

The album's first single, That Ain't Classy, calls out music industry's stars, declaring them "wannabes" and "self centered weirdos."

But Class wouldn't sing alone out.

"For those people, if it sounds like you in the song, then it's about you."

Despite his recent national fame, Classified holds true to his roots. The rapper still lives in Enfield with his wife, Kim, and two daughters — two-year-old Taylor and eight-month-old Kayla.

DVD Releases this week



Screwball love in D.C.

How Do You Know

Genre: Romantic comedy
Director: James L. Brooks
Stars: Reese Witherspoon,

Owen Wilson, Paul Rudd

★★½ This off-kilter romance by the painstaking James L. Brooks is so eager to ask the question about true love, it doesn't have time to mess with punctuation.

It's set in and about the stately avenues of Washington, D.C., the abode of the non-stellar baseball teams that hard-driving Lisa (Reese Witherspoon) and horn-dogging Matty (Owen Wilson) play for.

They make two-thirds of an accidental love triangle,

Buy it ●●●●● | **Rent it** ●●●●●

| **Borrow it** ●●● | **Yawn** ●● | **Don't bother** ●

Less than thrilling

The Tourist

Genre: Thriller
Director: Florian Henckel von Donnersmarck
Stars: Johnny Depp, Angelina Jolie

★★½ As a thriller, The Tourist makes a good travelogue.

If you're content with watching the beautiful Johnny Depp and Angelina Jolie get chased along the cobblestones of Paris

and the canals of Venice, then it fulfills those low eye-candy expectations.

There is banter, none of it memorable.

There are the requisite action set pieces, none of them terribly exciting.

The lazy script is the main beef.

The Tourist looks as if everybody just felt like going on a fun trip to Europe. A fine time was had by all, except the sorry viewer.

● PETER HOWELL



Secret to Dancing With the Stars' sparkle? Dozens of dazzling custom-made costumes

Will Emilio have to 'off' Charlie?

▶ Estevez jokingly compares his situation with brother Charlie Sheen to that of Michael and Fredo Corleone in *The Godfather: Part II*

Charlie Sheen's antics aren't all that entertaining to his brother, Emilio Estevez, who says he may need to find a creative way to deal with his wayward sibling.

"There's that thing in *The Godfather: Part II* of, 'I love you, Fredo, you're my brother, but don't ever take sides with anyone against the family,'" Estevez says, according to *Hollywood*.

"Then Michael Corleone has to have Fredo 'taken out' on the boat. There are times, like these, when I want to take Charlie our for a boat ride. Charlie should know that he might have a boat ride in the future. Someone's got to be Michael Corleone."

● METRO



▶ Martin Sheen, left, is pictured with son Emilio Estevez.

Talking points

Wyclef shot in Haiti

GUN VIOLENCE. The night before presidential elections in Haiti, Wyclef Jean was hospitalized for a gunshot wound to his hand, a spokesperson confirmed to the Associated Press. Jean, who had previously tried to run for president of the island nation before being disqualified, was in Haiti campaigning for fellow musician Michel Martelly when a car he was riding in was "peppered with bullets."

Jean was taken to a hospital, treated and released. "He's doing well," a spokesperson said.

● METRO

Things may be cooling down with David and Courteney



▶ Courteney Cox

Relations appear to be improving between Courteney Cox and estranged husband David Arquette, as the separated couple were spotted at a Malibu flower shop together over the weekend, according to *Radar Online*.

Both wore dark shades and neither made a comment as to what prompted

ed the meeting or what was discussed, but Cox has previously made it clear that she and Arquette were separated but not divorcing.

"This is a separation, and I think that takes a lot of courage," she said. "Whatever is supposed to happen will be the best thing for us."

● METRO

Royal honeymoon to head Down Under?

While on a solo goodwill tour of Cairns, Australia, Prince William hinted that the area might be the location for his upcoming honeymoon with Kate Middleton, according to *People* magazine. "I love scuba diving," William said while addressing a crowd.

"I have always wanted to dive the barrier reef. It's much nicer down here, the weather at home is dreadful. I will have to come back, maybe we'll have a honeymoon in Cairns?"

● METRO



▶ Prince William

Gaga is literally losing her hair

Lady Gaga is learning firsthand that getting her distinct look comes at a price, as the pop star admits her bleached hair is falling out, according to *People* magazine.

The natural

brunette says she dreads getting "a chemical haircut because my blonde hair is falling out."

In addition, Gaga admits she doesn't wash her face enough, as she sleeps with her makeup on.

"That is not good for your skin, but I'm blessed with good genes," she says.

● METRO



Lady Gaga

Renee is doing OK

Renee Zellweger certainly isn't reeling from her breakup with Bradley Cooper.

The actress stepped out in style at a pal's birthday bash at New York City restaurant La Esquina over the weekend, according to *Us Weekly*.

"She wore a skin-tight black dress and amazing lace-up shoes. She looked smokin' hot," a source says. "At one point, three waiters came up to see if the table needed anything because they wanted to check out Renee."

● METRO

Celebrity tweets



Charlie Sheen
[@charliesheen]

Need a ride to my perfect show...?



Kevin Nealon
[@kevin_nealon]

Made the mistake of wearing a red shirt to Target. No, I don't know where the bins are!!



Rihanna
[@rihanna]

I touch my neck, my chest my hips, I touch my hips, my thigh my kneeessss



Sarah Silverman
[@SarahKSilverman]

I keep forgetting Corey Feldman's still alive. Phew!

● METRO

RONALD MARTINEZ/GETTY IMAGES

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3 life

Wellness in brief

Got 20 minutes and a pair of running shoes? You can train for your first 10K run in 10 weeks. The thought may be intimidating, but if you start small and build, it can be quite easy. The first week, for instance, you would walk/jog for 20 minutes three times a week. On Sunday, you'd run for 15 minutes. On week two, you would add five minutes here and there, and then you'd keep building your jogs by five or 10 minutes each week.

CELIA MILNE



Running not bad for your joints: Study

► Pounding the pavement gets a thumbs up ► Osteoarthritis not an issue if you run the right way and wear good shoes ► Regular running provides numerous health benefits



CELIA
MILNE

WELLNESS@METRONEWS.CA

Worried running will ruin your knees and hips?

Many people avoid running because they think it causes wear and tear on their joints, especially as they get older. But the medical literature doesn't support the idea that running causes osteoarthritis.

"Running moderate distances at moderate speeds is not likely to cause joint arthritis, espe-

cially if one runs in good running shoes and uses good running technique," says Dr. Stuart Willick, an associate professor at the University of Utah Orthopaedic Center in Salt Lake City.

Willick and colleagues gathered all published studies that explored a possible link between running and osteoarthritis.

They found that several things put people more at risk for osteoarthritis as they age: Being over-

Running tips

Here are Willick's tips on preventing joint damage from running.

- When starting a running program, increase mileage and speed gradually.
- Consider getting a running evaluation to make sure your running gait is sound.

weight, prior injuries to the knees or hips, and heavy manual labour are

- Wear the right running shoes for your feet and running style.
- Get new shoes every 321 to 482 km.
- Run on soft surfaces.
- Cross-train. Work on flexibility, strength and endurance.
- Rehabilitate all running injuries completely.
- Maintain optimal BMI and nutritional status

riskier for the joints than pounding the pavement. Jogging got a thumbs up.

"Running is a great form of cardiovascular exercise," Willick told Metro. "Cardiovascular and resistance training have numerous benefits, including for the heart, lungs, blood vessels, bones, joints, muscles and brain."

Older runners tend to be healthier than non-running counterparts, the study found.

They published their review last year in the journal Clinics in Sports Medicine.

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Pilates: The basics reviewed

► Strength isn't measured by how many kilometres you can cram in your gym session ► Pilates works your body to make sure that you can face everyday tasks with ease ► Trainer Mark Anthonys tells us more



of the breath

One of the founding principles of pilates is the power of the breath in helping carry out and control the movements. The breathing technique is to inhale through the nose and out through the mouth, engaging the core and carrying out the move as you exhale. The pressure you create is what will help you push your body into the position.

Who should be doing it and why

Pilates is good for everyone, whether you're 10 or 70 years old, as it will strengthen the core, improve balance and coordination and decrease stress. It can be particularly good for pre- and post-pregnancy people with tight muscles and men who usually focus more on muscle building. The core exercises will help pull the stomach muscles back after giving birth and throughout the pregnancy and strengthen the pelvic muscles. Men are often quoted as saying pilates is "easy" but their muscles are often short and tight, making them inflexible. Alternating bodybuilding exercises with the workout will help them become more flexible and agile. The low impact is also perfect for those suffering from bad joints.

A mind and body workout

Pilates is a full body workout that was developed to work our body from the stomach area, known as the core. Working from the fact that our entire body is interconnected, the exercises aim to create power and strength by working the inner muscles that connect your body together. The idea is that as you build up your inner strength, you also work at lengthening and stretching out your muscles to allow your body to be more flexible.

The power



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FIVE AREAS TARGETED BY PILATES

BACK

► A strong back will help your overall posture. Pilates helps stretch your spine out vertebrae by vertebrae, lengthening and unlocking it in the process. A strong back will also help you hold together your core.

ABDOMINALS

► Pilates recruits and works the deep abdominal muscles, the transverse abdominis (in the deep abs area) and the internal obliques. The core moves work at pulling these deep abdominal muscles back in, helping you get a flatter and more defined stomach. Having a strong core will also help improve your balance as you have more control over your body.

LEGS & BUM

► Your three gluteals form the biggest muscle group in the body and are what we refer to as the buttocks. Many people are aesthetically concerned about this 'problematic' area, wanting it look more firm and toned. All the cinching and leg lifting done in order to carry out moves in Pilates

helps tone and sculpt this area, and will give your legs a leaner, more defined silhouette.

ARMS & SHOULDERS

► Pilates uses the body's own weight instead of heavy weights, defining the muscles without creating bulk. All the stretching work is perfect for those with tight shoulders who over time, will develop more graceful, flowing movements in their upper body. Keeping your shoulders down and widening the natural gap between your ear is key in Pilates as this helps create better posture and balance. If you let your shoulders go up, you are in a hunched position.

CHEST

► Your chest sits right above your core and along with your rib cage is what will help you with your controlled breath. Our body is interconnected, and stronger shoulders and a better posture will mean you will hold your self up correctly, widening your chest.

The best off the best superfoods

DAILY SQUEEZE

MEGHAN TELPNER

MEGHAN TELPNER IS A HOLISTIC NUTRITIONIST AND CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

We've been hearing a lot of buzz about superfoods lately. From chia seeds to acai berries, many of these foods are loaded with antioxidants, plus an endless array of nutrients. To help you choose the best of the best, here are five superfoods making huge strides on the healthy eating scene. Look for each at your local health food store.

Maca

The Buzz: Also known as Peruvian ginseng, maca is typically found in powdered form, though it comes from a root. It's been credited for helping balance out hormones, enhance libido and boost stamina. Maca is also rich in many vitamins and



► Raw cacao is one the tastier superfoods out there.

minerals including vitamin B1 and phosphorus.

Tips for using: Add ½ a teaspoon to a smoothie, sprinkle some onto your oatmeal, add a dash to a brewed tea.

Spirulina

The Buzz: With its emerald green hue and finely powdered consistency, this algae is a fabulous food to help boost energy, cleanse and fuel your cells. Containing a hefty spectrum of 10 mixed carotenoids, spiruli-

na gives us maximum antioxidant protection, as well as a highly usable source of protein and GLA, an essential fatty acid.

Tips for using: Starting out with ¼ tsp, add to smoothies, stir into oatmeal, or yogurt or favourite homemade salad dressing or dips.

Hemp Hearts

The Buzz: Bursting with detoxifying chlorophyll and highly absorbable protein, hemp hearts taste nutty

and pair well with both sweet and savoury foods. What's more, they contain a perfectly balanced ratio of omega-3 to omega-6 fatty acids, helping to reduce inflammation, boost our immune systems, reduce cardiovascular disease, and give our brains a healthy boost.

Tips for using: Sprinkle on salads, throw into trail mix or use as a topper for hot and cold cereals.

Miso

The Buzz: This salty superfood comes in paste form and is the result of fermenting soybeans along with a yeast. The bacteria used in the fermentation process synthesizes vitamin B12, and therefore the resulting paste is a great source of this nutrient. It is also rich in protein as well as the minerals zinc, manganese and copper.

Tips for using: Mix with boiled water/milk and honey for a raw hot chocolate treat. Add to smoothies and in baking for delicious brownies and cookies. **FOR MORE INFO, VISIT DAILYSQUEEZE.CA.**

goes a long way as miso is very salty. Stir a few teaspoons into already boiled water for a quick satisfying soup. Add two teaspoons to an oil and vinegar salad dressing in place of salt for a Japanese inspired flavouring.

Raw Cacao

The Buzz: Possibly the most delicious superfood of all. Raw cacao comes from the bean of the cacao plant and is essentially unroasted chocolate. It is extremely rich in antioxidants, contains massive amounts of the mineral magnesium, which builds strong bones and is often the most deficient nutrient among North Americans.

Tips for using: Mix with boiled water/milk and honey for a raw hot chocolate treat. Add to smoothies and in baking for delicious brownies and cookies. **FOR MORE INFO, VISIT DAILYSQUEEZE.CA.**

Thoughts on ... silence

UNPLUG. When we are caught up in the hustle and bustle of life — the antidote is silence. Gift yourself with silence each day. This will develop a greater sense of well being in all aspects of your busy life. Find a few minutes each day to completely unplug. If you wish to experience life, rather than be swept away by it, then be sure to set aside some time, no matter how brief, to linger in the oasis of silence. For there you will be able to recharge your batteries, tap into your inner wisdom and experience the gifts of wonder and awe.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.
AWAKENINGSCANADA.COM



Potato Scones
EMILY RICHARDS
FOOD@METRONEWS.CA

Here is an easy way to use up some leftover mashed potatoes. The addition of mashed potato ensures that the scones stay moist for longer.

Preparation:

1 In bowl, combine all purpose and whole wheat flours, sugar, baking powder, salt and nutmeg. Using pastry cutter, cut in butter until mixture is the consistency of cornmeal. Stir in raisins.

2 In another bowl, whisk together potatoes, whole egg, yolk and milk until no lumps remain. Make a well in centre of dry ingredients and add potato mixture all at once. Stir

with fork to make a soft, slightly sticky dough. If necessary, add 1 to 2 tbsp (15 to 30 mL) more milk.

3 Turn out onto floured surface and press lightly into a ball. Knead gently about 6 times. Roll out dough to 1/2-inch (1 cm) thickness; cut into triangles or rounds. Place on ungreased baking sheet. Brush with slightly beaten egg white and sprinkle with sugar. Bake in 450 F (230 C) oven for 13 to 15 minutes.

THE CANADIAN PRESS/
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POTATOES

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Ingredients:

- 1 2/3 cups (400 mL) all-purpose flour
- 2/3 cup (150 mL) whole-wheat flour
- 1/4 cup (50 mL) granulated sugar
- 4 tsp (20 mL) baking powder
- 1 tsp (5 mL) salt
- 1/4 tsp (1 mL) ground nutmeg
- 1/3 cup (75 mL) butter
- 1/3 cup (75 mL) raisins
- 3/4 cup (175 mL) mashed potatoes
- 1 egg
- 1 egg yolk
- 3/4 cup (175 mL) milk (approx)
- 1 egg white, lightly beaten
- Granulated sugar

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Rani's offers the warmth of the Caribbean islands

► This curry & roti spot satisfies your craving for West Indian cuisines

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA

Sometimes lunch rush means no time to dine in.

I check out Rani's Curry and Roti Shop website and call in an order. When I pick it up, the cheery server assures me she's included plenty of hot sauce — this is clearly my kind of place.

Curry Chicken with Rice is delicious, with tender chunks of chicken, nicely flavoured with a curry blend. Butter Chick- en Roti is even better. The roti itself has a thin texture and it's well packed with potatoes and chicken.

We don't need proof that this Jerk Beef, served



► Rani's serves up West Indian staples such as curry chicken, roti and jerk beef.

on red beans and rice, is rich with flavour, but we're pleased to discover a cinnamon stick.

Jerk, the quintessential Caribbean mix, is based on chilies, garlic, onions and spices such as all spice,

cloves, ginger and cinnamon.

However, our Jamaican Beef Pattie is light on stuffing and a tad dry.

Three of us have plenty for lunch with tasty leftovers.

► **Rani's Curry and Roti Shop**
5280 Green St.
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Price range: \$\$
Rating: 3.55 out of 5

Hughes feels Iron Chef heat



Montreal chef Chuck Hughes was torn when he saw that Canadian lobster was the secret ingredient in his Iron Chef America battle against culinary superstar Bobby Flay.

While lobster is a staple at his restaurant, Garde Manger, and he has a tattoo of the crustacean on his forearm as a testament to his love for it, he also felt it could ruin his reputation if he lost the battle.

"It was like: 'If I don't win, then do I need to cut

my arm off? What happens if I don't win? I'm a shambles!'

Thankfully, no amputation was necessary.

As viewers saw Sunday when the episode debuted on Food Network Canada, Hughes beat Flay 45 - 41 to become the second Cana-

dian chef to emerge victorious in Kitchen Stadium. Vancouver's Rob Feenie was the first, defeating Iron Chef Masaharu Morimoto in 2005.

"Now I feel like the pressure is on even more," said Hughes, who had to keep his victory a secret

until the episode aired here. "It's almost like now you need to live up to the fact that you won."

Hughes and his two sous chefs from Garde Manger, Jean-Francois Methot and James Baran, went into the hour-long cooking showdown against Flay and his team last July in New York City.

Hughes kept his menu in line with the comfort food for which he's known: Lobster roll with a Bloody Caesar cocktail; lobster poutine; lobster and onion ring salad with carrot butter and avocado; lobster mushroom risotto; and jerk-spiced lobster.

Canadian viewers were no doubt elated to see Hughes make poutine, the fries, gravy and cheese curd dish.

Hughes, who makes lobster poutine at his restaurant, said he felt he had no choice but to go with it.

"It's definitely not what you would think for Iron Chef, but I couldn't go there and not do it."

"I never even went in thinking that we might possibly win. I just wanted to perform. For us, putting up five dishes that we were proud of, that was winning for us," he said. "Everything else is just gravy." THE CANADIAN PRESS

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Your penny persona...

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



What's your money personality? Laurie Campbell, executive director of Credit Canada, a not-for-profit debt and credit counseling charity, slots spenders and savers into five categories.

Take the quiz and see how where you fit.

Question No. 1

- I'm afraid of running out of money before I die
- I save money with no specific goal or purpose
- I don't improve my standard of living because I don't want to spend money
- I often find myself grumbling about the cost of living

If you answered yes to two or more of these then classify

**yourself as a:
TIGHTWAD**

Question No. 2

- I have haphazard spending habits
- I feel tomorrow may not come or doesn't matter so I spend today
- I don't save for emergencies, major purchases or the future
- I have lots of credit available and debt that never seems to diminish

If yes to two or more then your money personality tends to the:

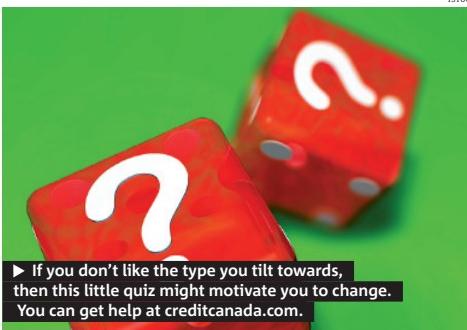
SPENDTHRIFT

Question No. 3

- I set goals and have a financial plan for the future
- I have a budget and I make adjustments as my life changes
- I live within my means
- I keep my debt to a minimum

If two or more fit you? If so then you are a:

GUARDIAN



► If you don't like the type you tilt towards, then this little quiz might motivate you to change. You can get help at creditcanada.com.

Question No. 4

- I have big dreams and I'm tempted into get-rich-quick schemes
- I have no savings and pay for most larger purchases with my credit card
- I have no budget and don't track what I spend
- I like to take financial chances and hope my ship will come in to pay them off

If two or more fit you then you are a:

GAMBLER

Question No. 5

- I have financial goals and a general plan
- I try to make regular RRSP/RESP contributions but am rarely successful
- I have moderate to heavy debts but also some savings
- I believe a budget is a good idea but don't have one

Two or more yeses means that when it comes to money types you are a: **WORK IN PROGRESS**

Fun and Frugal

LESLEY SCORGIE

MONEY@METRONEWS.CA



HAVE KIDS, WILL SAVE

Raising a family is expensive. Households with children spend approximately 20 per cent more on food, clothing, shelter, and entertainment when compared to households without children.

Parents can ease the financial burden by accessing helpful tax credits.

Most helpful is the Child Tax Credit which is \$2,101 per child under 18 years of age. This equates to approximately \$315 in federal tax savings per child. If the credit can't be used by one parent to lower payable taxes, the amount can be transferred to a spouse or common-law partner.

Regardless of household income, the Universal Child Care Benefit (UCCB) is also available to families with children under the age of six. The benefit

works out to \$100 per month and it is taxed on the return of the parent with the lower income. If you're a single parent, you can claim this benefit in the income of the child for whom you are claiming an amount for.

Lower income families have access to the Canada Learning Bond which provides \$500 at birth for children whose families are entitled to the National Child Benefit Supplement.

So long as the family qualifies, they will receive an additional \$100 bond each year until the child is 15 years old.

The Registered Education Savings Plan (RESP) provides an opportunity for parents to save for their child's education.

Visit the Service Canada website for more information servicecanada.gc.ca.

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

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DEALING WITH YOUR TAKEOUT TROUBLES

It seems our couple friends are always dropping by our condo unannounced after work and we inevitably end up feeding them. Ordering takeout is beginning to take its toll — on the wallet and the waistline. Help!

Angela says ...

This is the price you pay for being so darn great. Ask your friends to split the cost of takeout, if you haven't already. Or have them take turns in your kitchen. It might turn into a fun, regular event. You could always start texting your friends around the time they're set to arrive with a shopping list of

ingredients they should pick up on the way over. They'll either get the hint, or dive right in and create some gourmet meals for you.

Derek says...

Great food brings good friends together. My father-in-law is a great cook who loves to throw parties. His go-to meal for an impromptu gathering is pasta. It might seem like an obvious choice, but it's fast, cheap and you can keep a handful of ingredients on hand at all times for a variety of savoury options. (Share your recipes with us on Twitter @smugmarrieds.)



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Community Spirit Award Winners Announced

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The Honourable Mayann E. Francis, Lieutenant Governor of Nova Scotia, is pleased to announce the recipients of the 2011 Lieutenant Governor's Community Spirit Award.

Congratulations to Berwick & Surrounding Communities; East River Valley, Pictou County; St. Ann's Bay/North Shore, Cape Breton; and Woodville, Kings County.

They were selected from 10 nominations, all of which showed a high degree of community collaboration and strength.

Her Honour will present the winning communities their awards at separate celebrations to be held later this year in their home communities.

For more details go to www.communityspiritaward.ca



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Second careers are becoming more and more common. If you've been out of school for some time, the prospect of a second career can seem daunting. There are a number of federal and provincial programs to help you make the leap.



ISTOCK

A case for continuing education

DUNCAN MCALISTER
LIFE@METRONEWS.CA

When Janet Fleet lost her job as a receptionist and was unable to find employment, she decided to go back to school for a new set of skills.

She completed the Continuing Care Assistant program and is now gainfully employed in the field.

"I am very satisfied with the career choice I decided to take. It's very rewarding and I would recommend people who are looking for a career to go into something like that," says Fleet.

The reality of Canada's "great recession" is that for two years a million and a half Canadians have been unemployed and many are working in poorly-paid, part-time jobs.

As a result, laid-off workers are seeking new ways to improve their skills or retrain for a completely different career.

At the same time, not everyone retrains because of job loss.

Career-oriented employees are constantly upgrading, looking to advance their careers and stay current with the latest practices in their fields. Some

are just looking for a fresh start; it's not uncommon to switch careers these days.

There are a variety of options to upgrade your skills, ranging from on-the-job training, courses and apprenticeship programs, to starting your own business.

As part of Canada's Economic Action Plan in 2009, an additional \$1 billion was invested over two fiscal years to respond to increased demand for training programs because of higher unemployment resulting from the economy.

Government training

programs are a great place to start. Depending on your province, Employment Insurance (EI) programs and training may be administered by the federal government, provincial government or a combination of both.

For example, the federal apprenticeship incentive grants are designed to attract and encourage apprentices to complete their training.

Eligible apprentices could receive up to \$4,000, which can be used to pay for tuition, travel, tools and other expenses.

The B.C. Job Opportuni-

ties Program is one of three community development trust programs formed to create job opportunities for unemployed resource workers.

According to their website, "The Job Opportunities Program is making a difference in the lives of resource workers, their families and their communities in many parts of British Columbia."

In 2008, the Second Career program was launched by the Ontario Ministry of Training, Colleges and Universities.

It would provide up to \$28,000 to eligible, laid-off

Paying your way

- The Lifelong Learning Plan (LLP) is provided by the Canada Revenue Agency and allows you to draw funds from your RRSP to finance training or education. Visit the CRA site at cra.gc.ca.
- For federal apprenticeship incentive and completion grants, applications are online at service-canada.gc.ca, or call toll-free 1-866-742-3644.
- To find Continuing Education Classes in Nova Scotia, start by contacting the post-secondary education institution of your choice. For a list of all Nova Scotia universities, career colleges and community colleges that offer continuing education courses, visit Canada's Higher Education and Career Guide at canadian-universities.net/index.html.
- Also check out Metro Council on Continuing Education, a non-profit organization to promote adult learning programs in the Halifax area, at mcce.ca/index.html.

workers to cover tuition and living expenses as they retrain for new jobs.

Unfortunately, a number of these government training programs' funds are drying up this year. The B.C. Job Opportunities and Transitional Assistance programs are closing at the end of the month, as well as Ontario's Second Career program.

However, there are still numerous alternative funding schemes available to individuals, companies and unions to deal with the costs associated with training, retraining and education.

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Adult literacy: It's never too late

► Adult illiteracy – It's more common than you think ► Those that struggle to read develop tricks to hide it



ALEX
NEWMAN
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Brian Armstrong, a 37-year-old businessman, has a secret he's willing to share. Until age 23, one of the few things he could read was a menu, and even that wasn't always correct. If it hadn't been for an insightful and determined "former biker" friend, he'd still be that way.

Hardly anyone knew, because Armstrong became an expert at covering up — timing bathroom breaks in meetings so that when a written report came around to him he wasn't there to read it, and having two sympathetic staff who, unasked, concealed the truth from others.

After Armstrong's struggle was discovered, he was given a strict regimen by his friend — reading five pages a day, highlighting what he didn't understand.

stand, and journaling on everything from getting up to shaving to brushing his teeth.

"But he never belittled me, or made me feel stupid," Armstrong recalls.

Armstrong's literacy problems began in elementary school, thanks to an abusive home life, illness and a school system that didn't push him to the next level.

By Grade 8, he was so far behind, he quit school.

It's not an unusual story — considering that 42 per cent of Canadians have low enough literacy skills that they can't fill out a medical form, and of those, 15 per cent function at the lowest level.

But the veil of secrecy has most believing they're alone with this problem and unable to scrounge up the courage it takes to ask for help, says Adrienne Laughington, coordinator at Edmonton's Centre for Family Literacy.

So it's left to family



ISTOCK IMAGES
► There are a number of adult literacy classes available throughout your city.

members and friends — like Armstrong's biker friend — to figure out if there's a problem and then suggest ways to correct it.

Although the Literacy Centre occasionally advertises on radio, buddies with other community programs and puts up easy-to-read posters, Laughington says "the best advertising is through word of mouth.

We have a learner right now who is recruiting his friend to join our program."

Employers, though, would be well advised to identify staff with literacy

problems — Armstrong can tell concealment tricks right away.

Statistically speaking, it's in their best interest.

According to 2005 Statistics Canada numbers, employers who make use of literacy programs see a 251 per cent rate of return on improved productivity.

While Armstrong's transformation was "painful," he says it was worth it.

"Developing a habit of highlighting words I don't quite grasp has given me a deeper understanding of how to use words and my dream is to one day write a book," Armstrong said.

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Think you could teach a language?

Why not advertise

A possible route to teaching your native language outside the public or private school system is to advertise your services.

"People start by putting an ad in the paper, on

Facebook, or other social media to get their name out there," says Tortorici.

► Another great place to advertise is on university campuses or other places where there's likely to be traffic of people interested in learning a language —

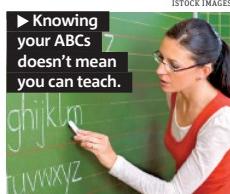
think PhD students, foreign students and possibly international business people.

► Or check out ethnic organizations, for example Portuguese or Italian community groups or Chinese Canadian associations.

► Just because you can speak a language, doesn't mean you can teach it ► Experience goes a long way



PAULINE ANDERSON
LIFE@METRONEWS.CA



ISTOCK IMAGES

While the school prefers experienced teachers, it has trained novices on occasion. "But that's mostly for the cultural component rather than the grammar component," says Tortorici (the school offers cooking and other cultural classes in addition to language courses).

If you've taught in another country and want to teach your native language in a publicly funded school in Ontario, you will likely first have to take upgrading courses. At some point in the process, you can obtain a temporary teaching certificate that allows you to teach while completing required courses.

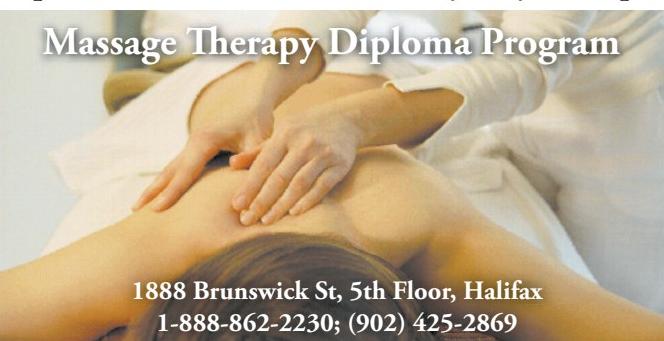
Living Spanish, too, prefers to hire teachers with some experience, says Rosa Maria Tortorici, a teacher in Venezuela before starting the Living Spanish school in 2006.

She gets lots of calls from Spanish-speaking immigrants keen to teach their language.

Many are trained professionals who want to teach Spanish to help them through the "transition" period before they land a job in their field, says Tortorici.

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Juniors coach not looking past Herd

► But Vincent says Montreal is 'confident' heading into first round



MATTHEW
WUEST
@METRONEWS.CA

Ever since Pascal Vincent left Nova Scotia three years ago, he has been building the Montreal Juniors for this moment.

Vincent, who left the Cape Breton Screaming Eagles in 2008 to return to his hometown after the Juniors relocated from St. John's, N.L., has gradually moulded the squad into one of the QMJHL's top contenders as head coach and general manager.

The Juniors just wrapped a 46-win, 102-point campaign to finish second overall. They face the Halifax Mooseheads — 57-point underdogs — in the QMJHL first round starting Thursday at Verdun Auditorium.

"It's been fantastic ... building a new team, building a new franchise in Montreal, and every single draft, every single trading period, trying to improve a little bit," said Vincent, who spent nine seasons in Cape Breton but left to be closer to his family, including his three-year-old daughter.

Vincent's blueprint for a President's Cup got a big boost at last June's draft when he acquired Montreal Canadiens first-rounder Louis Leblanc.

That added what Vincent calls a "difference-maker" to a roster that features 16 players aged 19 or older. The time to win is clearly now.

"We're as good as anybody in this league," Vin-

cent said. "We've beaten everybody, we're confident, we're in good shape — mentally and physically — and the guys know their roles, the system and what we expect."

While the Juniors are confident, they don't appear overconfident despite sweeping the three-game season series against the Mooseheads.

Vincent knows all about playoff upsets: In 2004, his Screaming Eagles were 28-point favourites when they were knocked off by Chicoutimi in the first round. He's wary of letting down his guard.

"We don't think it will be easy, whatsoever," he said. "They gave us a good challenge this season and I expect the same from them in the playoffs. Good speed, they can compete, and it's going to be interesting for us, for them and for the fans."

Round 1 schedule

x-if necessary:

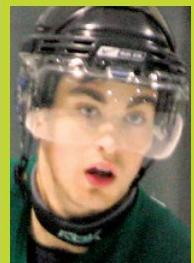
- Thursday, Halifax at Montreal, 8:05 p.m.
- Friday, Halifax at Montreal, 8:05 p.m.
- Tuesday, March 29
Montreal at Halifax, 7 p.m.
- Wednesday, March 30
Montreal at Halifax, 7 p.m.
- Friday, April 1, x-Montreal at Halifax, 7 p.m.
- Sunday, April 3, x-Halifax at Montreal, 4:05 p.m.
- Tuesday, April 5, x-Halifax at Montreal, 8:05 p.m.



► Pascal Vincent's acquisition of Louis Leblanc last summer sent a message to the rest of the QMJHL.



More playoffs



The Mooseheads are expected to be without forwards Andrew Ryan (shoulder, pictured) and Luca Ciampini (knee) and goalie Anthony

Terenzio (concussion symptoms) when they visit Montreal on Thursday for Game 1 of the QMJHL first-round playoffs. Defencemen Pascal Amyot (concussion symptoms) and Anthony Goulet (wrist) are expected to return.



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Bonds trial underway with jury selection

More than three years after he was indicted, Barry Bonds' perjury trial started yesterday with 40 jurors quickly getting dismissed from a prospective jury pool of slightly more than 100 people.

U.S. District Judge Susan Illston excused one juror because of a death in a family. A second person was dismissed because of his allegiance to the San Francisco Giants.

"I'm a Barry Bonds fan and I'm a huge S.F. Giants fan. It's my life. I don't know if I could judge Mr. Bonds after providing me with so much entertainment. It's an intimate relationship," prospective juror No. 22 wrote on a questionnaire he filled out Thursday. "I don't think I could find him guilty."

The judge has sealed the prospective jurors' names until after the trial concludes. No. 22 identified himself as age 35 and working at Target as an "in-stock team member."

Illston also granted the request of both sides to dismiss another 38 prospective jurors with perceived biases.

The trial is scheduled to last between two to four weeks. **THE ASSOCIATED PRESS**

Spurs lose Duncan early in win

San Antonio forward Tim Duncan limped into the locker-room last night after getting hurt in the first quarter of the Spurs' 111-96 win against Golden State.

He fell to the floor and immediately reached for his left foot. Replays showed that the 34-year-old all-star appeared to roll his foot after hitting a short jumper.

The extent of the injury was not immediately known.

Spurs guard Tony Parker looked at coach Gregg Popovich and winced while Duncan remained on the floor for more than a minute. He needed help off the court.

Duncan has started every game this season but one — on Saturday against Charlotte, when Popovich sat Duncan for fear of injury on the second night of a back-to-back.

THE ASSOCIATED PRESS

Pens back Cooke suspension

The Pittsburgh Penguins think the NHL finally got the message right. It didn't matter that one of their own players received it.

NHL disciplinarian Colin Campbell handed down his stiffest suspension of the season yesterday, banning Penguins agitator Matt Cooke for the rest of the regular season and first round of the playoffs after he elbowed Rangers defenceman Ryan McDonagh in the head.

Pittsburgh has 10 games remaining in the regular season so the suspension will be a minimum of 14 games. Cooke will forfeit \$219,512.20 US in salary.

The Penguins organization has been outspoken about the need to clean up the sport and took the unprecedented step of applauding a decision against one of their own players.

"The suspension is warranted because that's exactly the kind of hit we're

trying to get out of the game," Pittsburgh GM Ray Shero said in a statement. "Headshots have no place in hockey. We've told Matt in no uncertain terms that this kind of action on the ice is unacceptable and cannot happen.

"Headshots must be dealt with severely, and the Pittsburgh Penguins support the NHL in sending this very strong message."

THE ASSOCIATED PRESS



KEITH SRAKOCIC/THE ASSOCIATED PRESS

Wanted: Offence from top two lines

Leafs' top six forwards haven't produced a goal since March 14

Now would be a good time for the Leafs' top lines to make their contributions — on the scoresheet — to the team's bid for a playoff berth.

Heading out on a three-game road trip, and needing two points every night, the Leafs have all but exhausted their patience with their dormant top six forwards. "Basically, your top two lines have to score every night now (in the playoff chase)," said winger Clarke MacArthur, part of the club's top line with Mikhail Grabovski and Nik Kulemin.

"It was great that the other lines chipped in (in Saturday's 5-2 win over Boston). But we can't expect them to do that. We have to do our jobs better."

MacArthur's line has been dormant the past three games. Phil Kessel, part of the second unit with Tyler Bozak and Joffrey Lupul, has 14 points in his

Prospect signed

The Leafs signed U.S. college prospect Tyler Brenner to a two-year contract yesterday.

► The 22-year-old forward spent the past three years with the NCAA's Rochester Institute of Technology Tigers, registering 26 goals and 41 points in 37 games this season.

last 13 games, but just one goal in his last nine.

The last time any of the top six forwards found the net was March 14, when Bozak tallied once in a loss to Tampa.

"We've had our chances the last couple of games, so maybe we have to stay a little closer together in the corners and bang in those goals (from close in)," MacArthur said.

TORSTAR NEWS SERVICE



ABELIMAGES/GETTY IMAGES

Malhotra done for the season

The Vancouver Canucks have lost veteran centre Manny Malhotra for the rest of the season with a serious eye injury.

Malhotra was injured last Wednesday against Colorado when a pass deflected off the stick of Colorado defenceman Erik Johnson into his eye.

The 30-year-old, who does not wear a visor, needed surgery that night and questions remain

11 Number of goals
Malhotra scored in 72 games. He had 30 points.

about the long-term quality of his vision.

Malhotra was second in the NHL at 61.7 per cent on faceoffs and key to Vancouver's penalty killing improving to second in the league from 18th at the time he was hurt.

THE CANADIAN PRESS



JONATHAN HAYWARD/THE CANADIAN PRESS

Sports in brief

Raonic moves up three spots

TENNIS. Canadian Milos Raonic has moved up three places in the ATP rankings to No. 34. The 20-year-old from Thornhill, Ont., made it to the third round at Indian Wells last week before losing to American Ryan Harrison. Raonic's

record is 16-4 this year.
THE CANADIAN PRESS

Argos lock up Cory Boyd

CFL. Running back Cory Boyd has been rewarded for a spectacular rookie season with a long-term contract from the Toronto Argonauts. The Argos gave their 2010 player of the year an extension through the 2013 season.

THE CANADIAN PRESS

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ANNOUNCEMENTS

Community Events

LIVE AUCTION - Fund Raiser

Clayton Park Jr High School will be holding a live auction in support of the Grade 9 trip to Montreal and Quebec City.

Friday March 25, 2011
6:00 to 7:00 Viewing

7:00 to 9:00 Auction

Winston's Pub

278 Laceywood Dr, Halifax

March 22 11 am to 4pm

Room 224 at the DAL Student Union building.

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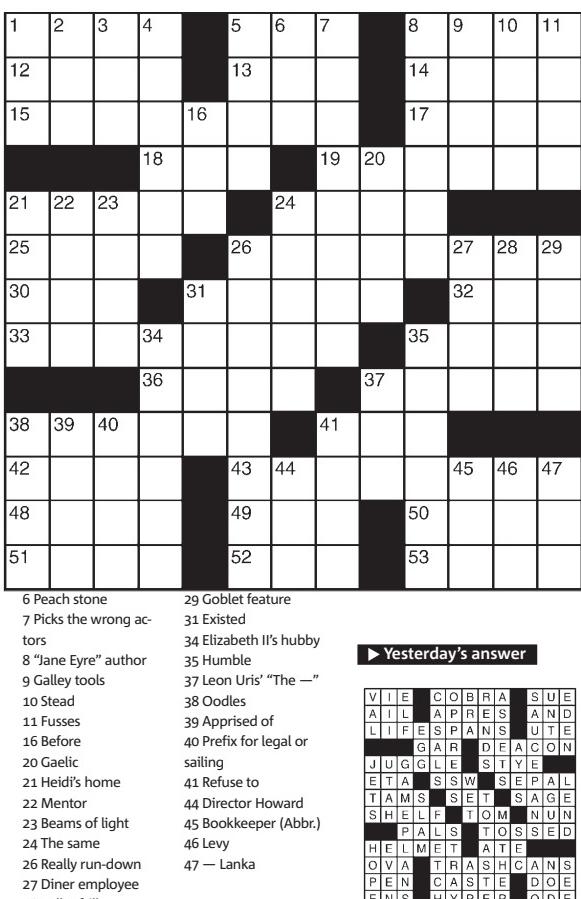
metro

Crossword**Across**

1 Injury
5 Spinning stat
8 Gauch's weapon
12 Needle case
13 Midafternoon, on a sundial
14 Incursion
15 Overlooks
17 Sandwich cookie
18 Anger
19 Decennial count
21 Correspond
24 Pub missile
25 Waikiki wingding
26 Separates into pieces
30 Snoop
34 Ms. Midler
32 Ump's call
33 "Clue" group
35 Speck
36 Medall earner
37 Nonsense
38 Wolflike
41 Bankroll
42 October birthstone
43 Housing developments
48 Amos or Spelling
49 Charged bit
50 Mast
51 Pal of Crackle and Pop
52 Explosive letters
53 Cab

Down

1 Coop occupant
2 Put away
3 Carpet
4 Environment
5 Wedding shower?

**Today's horoscope**

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20 With yesterday's Sun-Uranus aspect still mixing things up, you won't care what people say about your motives or actions. They think you lack morals. So what? It's your life.

Cancer June 22-July 22 Act quickly today if someone in a position of power offers you something you have wanted. If you leave it too long, you could find the opportunity has been given to someone else.

Taurus April 21-May 21 If you respect people, they will respect you. Remember though that the opposite also applies. If you say or do anything that others find offensive today, expect backlash.

Leo July 23-Aug. 23 If you need to do something that is going to take a lot of time and energy, start now. Also, don't wait to be offered something you are in a position to take for yourself. Be bold, be brave.

Gemini May 22-June 21 Resist the urge to make value judgments about other people. We have different ways of dealing with life and different journeys to take. You can't possibly know what others' fate should be. Be more forgiving.

Virgo Aug. 24-Sept. 22 Everything will turn out for the best, and deep down you know that. So why are you still so anxious? The way to overcome fear is through faith, so have faith in yourself and allow only positive thoughts.

Libra Sept. 23-Oct. 23 The more others say you should be disciplined, the more likely it is you will be rebellious. You have no intention of following the rules just because other people say you should.

Scorpio Oct. 24-Nov. 22 You may be worried about the future, but if you go with the flow and trust your instincts, nothing bad will happen. On the contrary, your life is about to change in wonderful ways.

Sagittarius Nov. 23-Dec. 21 If you're prepared to take risks and if you believe in your abilities, anything is possible. Important people will be impressed by your can-do attitude. It won't be long before you're moving up.

Sudoku

	4			5	9			
6		9	3			4		
5	8	6			3	1		
4			6		2	1		
2		3		7		5		
8	1		5			9		
2	6			3	7	4		
4			9	6		3		
3	7			8				



Show some love! Send a note to somebody special at kiss@metronews.ca

Boubouki, I love you more than words can describe. My love you for has no limits. We ARE the exception. Never forget the video store. Love, BOUBOUINA XO

HBD Ally.Saad <3 Wish u all the best on this day and I love you 4ever&always -D21

JHK, you've taught me so much about me and I'm a better man for it. I'm so proud of you and I love you so much. You're gorgeous and I can't wait to live down the street!! KCG

Babies, You mean so much to me and I want you to know I will always be there for you. I am beaming with excitement to be with you again. I love u so much. PKS

Dear Matthew, The body is like a canvas, like any other artist I painted my muse. Its been long enough, come back to me. JENNA

4	8	5	1	6	2	3	9	7
6	9	1	4	3	7	8	2	5
2	3	7	5	8	9	4	6	1
8	2	4	6	7	3	5	1	9
3	1	6	8	9	5	7	4	2
7	5	9	2	4	1	6	8	3
5	6	2	7	1	8	9	3	4
1	4	3	9	5	6	2	7	8
9	7	8	3	2	4	1	5	6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

V	I	E	C	O	B	R	A	S	U	E
A	I	L	A	P	R	E	S	A	N	D
L	I	F	E	S	P	A	N	T	U	E
J	U	G	G	L	E	S	T	Y	E	
E	T	A	S	S	W	S	E	P	A	L
T	A	M	S	S	E	T	S	A	G	E
S	H	E	L	F	T	O	M	N	U	N
P	A	L	I	S	T	O	S	S	E	D
H	E	L	M	E	T	A	T	E	O	
O	V	A	R	A	S	H	C	A	N	S
P	E	N	C	A	S	T	E	D	O	E
E	N	S	H	Y	P	E	R	O	D	E

Today



2°/-5°
Cloudy

Wednesday



3°/-5°
Partly sunny



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Caption contest

"Ahhh...
wait, yes, I
spotted another
one."
MERLE

You
WIN!
write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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CUBA Holguin Sirenis Playa Turquesa  All-Inclusive • Superior rm. • Apr. 23 • 1 wk.	\$899 Add taxes & other fees: \$155	MEXICO Cancun/Riviera Maya via Toronto Gran Bahia Principe Tulum  PRIVILEGES All-Inclusive • Standard rm. • June 3, 5 & 6 • 1 wk.	\$899 Add taxes & other fees: \$255
CUBA Holguin Playa Pesquero  All-Inclusive • Standard rm. • Apr. 23 • 1 wk.	\$1099 Add taxes & other fees: \$155	MEXICO Los Cabos via Toronto Barceló Los Cabos Palace Deluxe  PRIVILEGES All-Inclusive • Junior suite deluxe • Apr. 9 • 1 wk.	\$1529 Add taxes & other fees: \$273
DOMINICAN REPUBLIC Puerto Plata via Toronto Bahia Principe San Juan  PRIVILEGES All-Inclusive • Standard rm. • Apr. 8 & 15 • 1 wk.	\$939 Add taxes & other fees: \$212	BAHAMAS Nassau via Toronto Atlantis, Paradise Island  Promo - Beach Tower - Terrace view rm. • May 8, 15, 22 • 4 nts. 4TH NIGHT FREE! • COMPLIMENTARY DAILY AMERICAN BREAKFAST	\$1199 Add taxes & other fees: \$145
DOMINICAN REPUBLIC Samana via Toronto Gran Bahia Principe Cayacoa  PRIVILEGES All-Inclusive • Standard rm. • Mar. 26 & 27 • 1 wk.	\$999 Add taxes & other fees: \$212	JAMAICA Iberostar Rose Hall Beach  All-Inclusive • Standard garden view rm. • Apr. 25 • 1 wk.	\$1299 Add taxes & other fees: \$127
DOMINICAN REPUBLIC Punta Cana via Toronto Occidental Grand Punta Cana  All-Inclusive • Junior suite • May 13 & 20 • 1 wk.	\$999 Add taxes & other fees: \$188	JAMAICA Gran Bahia Principe Jamaica  PRIVILEGES All-Inclusive • Junior suite • Apr. 11 & 18 • 1 wk.	\$1349 Add taxes & other fees: \$127
ANTIGUA via Montreal Grand Pineapple Beach Resort  All-Inclusive • Standard rm. • Apr. 2 • 1 wk.	\$1319 Add taxes & other fees: \$193	BERMUDA Grotto Bay Beach Resort  Superior oceanview rm. • May 7 & 14 • 1 wk.	\$1749 Add taxes & other fees: \$120

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Standard rm. • May 21 - June 12

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Add taxes & other fees: \$164

\$1015
Add taxes & other fees: \$164



Sirenis La Salina Varadero Beach Resort

USA | AIR & HOTEL

MASSACHUSETTS | Boston
Boston Peabody Springhill Suites by Marriott 
Double or twin guest rm. • Apr. 30 & May 1 • 3 nts.
\$549
Add taxes & other fees: \$119

EUROPE | AIR & HOTEL • BREAKFAST • 4 NIGHTS

ENGLAND | London
Hotel Ibis Earls Court 
Standard rm - Apr 27-29, May 4-5, 5-6
\$869 Add taxes & other fees \$20

FLORIDA | Orlando via Montreal
Sheraton Vistana Villages 
One-bedroom villa • May 3 • 1 wk.

\$969
Add taxes & other fees: \$129

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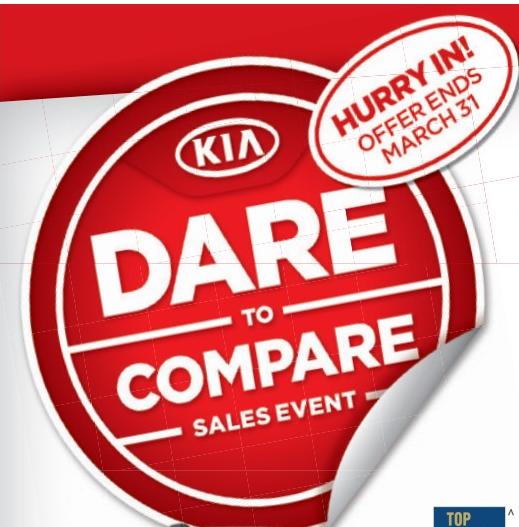
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PLUS

~~PAY~~ FOR 90 DAYS*

HWY: 6.3L/100KM (45 MPG)
CITY: 7.7L/100KM (37 MPG)

DARE TO
COMPARE



2011 Kia
Soul 2U AT

2011 Toyota
Matrix Base w/
conv. pkg. AT

2011 Scion xB
Base AT

Comprehensive 5-year
Warranty



Voice Activated
Bluetooth®



16" Alloy Wheels



Heated Front Seats



Passenger Volume (L)

2,897

2,662

2,850

Roof Rails



Soul 4u shown

NO CHARGE
SCHEDULED
MAINTENANCE



DARE TO
COMPARE

KIA
2011 Kia
Rondo EX

2012 Mazda5
GS + AT

2011 Toyota
Matrix
w/conv. pkg. AT

Comprehensive 5-year
Warranty



Horsepower

175 hp @
6,000 rpm

157 hp @
6,000 rpm

132 hp @
6,000 rpm

Heated Front Seats



CD/MP3 Stereo with
USB & AUX



(no USB) (no USB)

Bluetooth® Hands-free
Connectivity



Steering Wheel Mounted
Audio and Cruise Controls



Rondo EX shown

NO CHARGE
SCHEDULED
MAINTENANCE



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SAFETY
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2011 KIA SORENTO

WAS
\$23,995 NOW GET UP TO
\$4,100 IN CASH SAVINGS

CASH PURCHASE PRICE FROM
\$19,895

HWY: 7.4L/100KM (38 MPG)
CITY: 10.6L/100KM (27 MPG)

DARE TO
COMPARE

KIA
2011 Kia Sorento
LX-V6 AWD

2011 Honda
CR-V 4x4 EX

2011 Ford Escape
4x4 XLT 3.0L

Comprehensive 5-year
Warranty



Horsepower

276 hp @
6,300 rpm

180 hp @
6,800 rpm

240 hp @
6,550 rpm

Torque

248 lb.-ft. @
5,000 rpm

161 lb.-ft. @
4,400 rpm

223 lb.-ft. @
4,300 rpm

Smart Key with Push
Button Start



Voice Activated
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Rear Parking Sonar



Sorento EX-V6
Luxury shown



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*0% purchase financing available on all 2011 models on approved credit (OAC). Term varies by model and trim. **Don't Pay for 90 Days* on select models (90-day payment deferral) applies to purchase financing offers on 2011 Forte, 2011 Forte Koup, 2011 Forte5, 2011 Rio, 2011 Rio5, 2011 Magentis, 2011 Rondo and 2011 Soul models on approved credit (OAC). No interest will accrue during the first 60 days of the finance contract. After this period interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. *Bi-weekly finance payment for 2011 Soul (\$9550B)/2011 Rondo (\$9575B) based on an MSRP of \$15,995/\$19,995 + \$100/\$120 with an APR of 1.49%/1.74% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$5,005/\$6,145 plus applicable taxes due at end of 60-month period. Delivery and destination fees of \$1,650 loan credit \$500 /\$1,000 for 2011 Soul (\$9550B)/2011 Rondo (\$9575B) and PPSA included. Leased credit off-lease value of \$10,000.00. Total monthly payments \$1,650.00. Total interest paid \$1,650.00. Total finance charges \$1,650.00. Other dealer charges may be required at the time of purchase. **Other lease and finance options also available. Dealers are free to set their own lease rates. *No cash back or cash equivalent is available. *Highway fuel economy estimation for 2011 Soul (\$9550B) is 6.2 L/100KM (45 MPG)/2011 Rondo (\$9575B) is 7.1 L/100KM (37 MPG). ©2011 Kia Canada Inc. Manufactured after March 2010. Visit www.kia.com for full details. *No Charge Scheduled Maintenance* is applicable to all new 2010 and 2011 Kia Rondo and Sedona models retailed and delivered between March 15 and March 31, 2011. Offer is transferable within same household only (must provide proof of address). Limit of one bonus per customer or household. Certain restrictions apply. See dealer for details. *Kia Loyalty Bonus offer available on 2011 Kia Sedona/Rondo models at a value of \$1,000/\$500 for any current Kia owners towards the purchase or lease of a new 2010M/2010MY Sedona/Rondo. Offer applies on cash purchase, lease and purchase financing only between March 15 and March 31, 2011. This award is non-transferable and cannot be used as a cash equivalent. Maintenance covered includes 1-year, 24,000 km basic scheduled maintenance (basic service 1 at 8,000 km, basic service 2 at 16,000 km, basic service 1 at 24,000 km). Maintenance must be completed at an authorized Kia dealer using genuine Kia parts. See dealer for details. *Kia Loyalty Bonus offer available on 2011 Kia Sedona/Rondo models at a value of \$1,000/\$500 for any current Kia owners towards the purchase or lease of a new 2010M/2010MY Sedona/Rondo. Offer applies on cash purchase, lease and purchase financing only between March 15 and March 31, 2011. This award is non-transferable and cannot be used as a cash equivalent. Maintenance covered includes 1-year, 24,000 km basic scheduled maintenance (basic service 1 at 8,000 km, basic service 2 at 16,000 km, basic service 1 at 24,000 km). Maintenance must be completed at an authorized Kia dealer using genuine Kia parts. See dealer for details. For more information on our 5-year warranty coverage, visit kia.ca or call 1-877-542-2886. Offers end March 31, 2011. KIA is a trademark of Kia Motors Corporation. ©2011 Kia Canada Inc. Reproduction of the contents of this material without the express written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research.



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